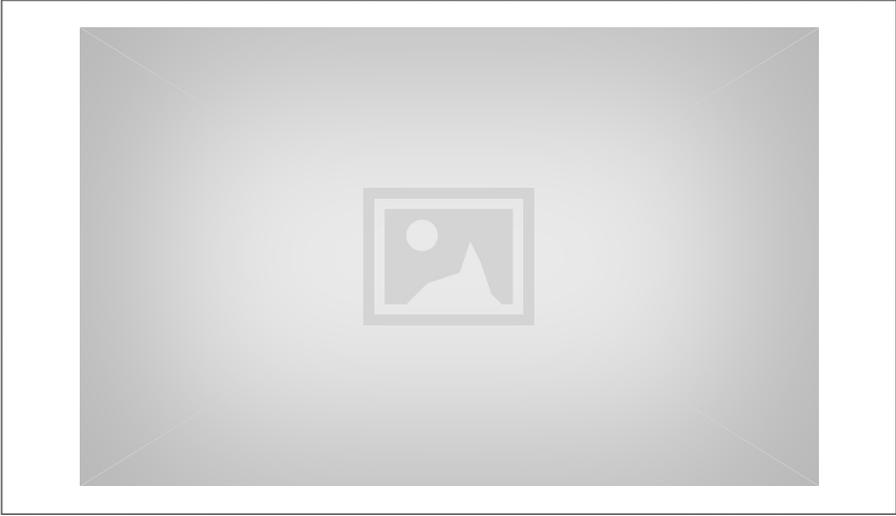




Manchester Farms Quail

104738 - Fresh Quail Eggs

Quail Eggs are consumed for high protein, minerals, vitamins, and terrific flavor. Quail eggs are excellent sources of nutrients, vitamins, minerals and high protein. We've been told many folks also feed quail eggs to their pets for wellness and to help with allergies.



Nutrition Facts

15 Servings Per Container

Serving size **9grams (1EA)**

Amount per serving
Calories 15

	% Daily Value*
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 75 mg	25%
Sodium 15 mg	1%
Total Carbohydrate 0 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	
Includes 0 g Added Sugar	0%
Protein 1 g	
Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 3 mg	2%
Potassium 0 mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Fresh Quail Eggs

Ingredients

Quail Eggs

Allergens

Contains:



May Contain:



Free From:



Handling Suggestions

Store in Refrigerator---
UNIT UPC: 072564158534

Serving Suggestions

Quail eggs can be consumed raw, though do not eat the shell. Quail eggs are often scrambled, hard boiled, poached or boiled and pickled. The conversion is three quail eggs to one chicken egg. They can be used for baking as well and improve the flavor and yumminess of the baked goods.

Prep & Cooking Suggestions

Treat quail eggs as you would a chicken egg. You can scramble, hard boil, pan fry, poach, pickle or even eat raw.

Product Specifications

Brand	Manufacturer
Manchester Farms Quail	Manchester Farms Inc

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
072564158534	15852	104738	00072564158527		6/4.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
2.3 lb	1.69 lb	United States of America	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
8 in	7 in	5 in	0.16 ft3	24x10	84 days	35 °F / 37 °F



Manchester Farms Quail

104738 - Fresh Quail Eggs

Quail Eggs are consumed for high protein, minerals, vitamins, and terrific flavor. Quail eggs are excellent sources of nutrients, vitamins, minerals and high protein. We've been told many folks also feed quail eggs to their pets for wellness and to help with allergies.



Nutrition Analysis - By Measure

Calories	15	Total Fat	1 g	Sodium	15 mg
Protein	1	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	0 g	Saturated Fat	0 g	Iron	3 mg
Sugars	0 g	Added Sugars	0 g	Potassium	0 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	75 mg		
Vitamin A(U)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

